

**Southern Cal Ki Society - Shin Shin Toitsu Aikido – Criteria for Examination**

5th kyu ( <i>Shokyu</i> ) Over 30 hours and 3 months of training	Hitori Waza		Kumi Waza		
	Oneness Rhythm Exercise (Group)		Katatekosa-tori Kokyunage		
			Katate-tori Tenkan Kokyu-nage		
	Udemawashi waza		Katate-tori Ikkyo *		
	Udefuri waza		Katatekosa-tori Koteoroshi		
	Udefuri Choyaku waza		Kokyu Dosa (All Tests)		
	Sayu waza				
	Ushiro Ukemi (Back Roll)				
	Zenpo Ukemi (Forward Roll)				
		* - irimi & tenkan   · - katameru pin			

4th kyu ( <i>Shokyu</i> ) Over 30 hours of training after earning 5th kyu.	Hitori Waza		Kumi Waza	
	Oneness Rhythm Exercise (Group)		Kata-tori Ikkyo * .	
			Munatsuki Koteoroshi	
			Yokomenuchi Shiho-nage	
			Shomenuchi Kokyu-nage	
			Katate-tori Irimi Kokyu-nage	
			Katate-tori Kokyunage (Zenpo)	
	Shikko (Knee Walk)			

3rd kyu ( <i>Chukyu</i> ) Over 30 hours of training after earning 4th kyu	Hitori Waza		Kumi Waza	
	Oneness Rhythm Exercise (Group)		Kata-tori Nikyo * ·	
			Kata-tori Sankyo * ·	
			Kata-tori Yonkyo * ·	
			Yokomenuchi Zenpo-nage	
			Ryote-tori Zenpo-nage	
			Ryotemochi Irimi Kokyu-nage	
			Katate-tori Kaiten-nage *	
			Ryote-tori Shiho-nage	

2nd kyu ( <i>Chukyu</i> ) Over 50 hours and 6 months of training after earning 3rd kyu and instructor's approval	Hitori Waza & Taigi		Kumi Waza	
		Oneness Rhythm Exercise		Ushiro-tekubitori Zenpo-nage
		Kaho Tekubi Kosa waza		Ushiro-tekubitori Kubijime Sankyo-nage
		Joho Tekubi Kosa waza		Ryote-tori Tenchi-nage *
		Ushirotori waza		Ushiro-tori Kokyu-nage (Zenpo)
		Ushirotekubitori Zenshin waza		Ryote-mochi Kokyu-nage (Enundo)
		Ushirotekubitori Koshin waza		Munatsuki Ikkyo * .
		Tobikoshi Ukemi (Jump Roll)		Ryote-tori Zenpo-nage (3 arts)
		1 Taigi from #1 - 9		One Person Randori

**Examiners Notes:**

**Name:**

**Date:**

**Examiner:**

**Southern Cal Ki Society - Shin Shin Toitsu Aikido – Criteria for Examination**

<b>1st kyu (<i>Jokyu</i>) - Over 50 hours and 6 months of training after earning 2nd kyu and instructor's approval</b>	<b>Hitori Waza (All) &amp; Taigi</b>	<b>Kumi Waza</b>
	<b>Oneness Rhythm Exercise</b>	Zagi Handachi Shomenuchi Kokyu-nage
	2 Taigi from #1 - 9	Zagi Handachi Munatsuki Koteoroshi
		Zagi Handachi Yokomenuchi Zenpo-nage
		Munatsuki Zenpo-nage
		Munatsuki Sudori
		Munatsuki Kaiten-nage
		Katate-tori Ryotemochi Koteoroshi
		Katate-tori Ryotemochi Kokyu-nage (Hachi-no-Ji)
		Yokomenuchi Koteoroshi (Enundo)
		Yokomenuchi Kokyu-nage (Hachi-no-Ji)
		Shomenuchi Koteoroshi
		Shomenuchi Ikkyo *
		Ushiro-tekubitori Koteoroshi
		Ushiro-tekubitori Ikkyo *
		Keri waza (3 arts)
		Ushiro Ryokata-tori Kokyunage (3 arts)
		Two Person Randori
<b>Shodan (<i>Jokyu</i>)- Over 70 hours and 6 months of training after 1st kyu and recommendation of Head Instructor.</b>	<b>Hitori Waza (All) &amp; Taigi</b>	<b>Kumi Waza</b>
	<b>Oneness Rhythm Exercise</b>	Yokomenuchi (5 arts)
	3 Taigi from #1-15 (chosen by examiner)	Katate-tori (5 arts)
		Ushiro-tekubitori (5 arts)
		Tantotori (5 arts)
		Ushirotori (5 arts)
		Ken (#1)
		Jo (#1)
		Four Person Randori
<b>Nidan (<i>Jokyu</i>) - Over 120 hours and 1 year of training after Shodan and recommendation of Head Instructor</b>	<b>Hitori Waza (All) &amp; Taigi</b>	<b>Kumi Waza</b>
	<b>Oneness Rhythm Exercise</b>	Munatsuki (5 arts)
	3 Taigi from #16-23 (chosen by examiner)	Shomenuchi (5 arts)
		Bokken-dori (5 arts)
		Ken #2
		Jo #2
		Five Person Randori
<b>Sandan (<i>Shoden</i>)- Over 2 years of training after Nidan and recommendation of Head Instructor.</b>	<b>Hitori Waza (All) &amp; Taigi</b>	<b>Kumi Waza</b>
	<b>Oneness Rhythm Exercise</b>	Any of the above
	Any Taigi(s) #1-30 (chosen by examiner).	

**Examiners Notes:**

**Name:**

**Date:**

**Examiner:**